



Healthy Alaska

May 2010

The May edition of Healthy Alaska is dedicated to Physical Fitness Month, American Bike Month, and Transportation Month

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Brain Booster:



A boy was at a carnival and went to a booth where a man said, "If I write your exact weight on this piece of paper then you have to give me \$50, but if I don't I will pay you \$50. The boy decided to take the bet thinking that no matter what the man writes on the piece of paper he will just say he weighs more or less. In the end the boy ends up paying the man \$50. How did the man win the bet?

The President's Council on Physical Fitness and Sports

The President's Council on Physical Fitness and Sports is an advisory committee of volunteer citizens who advise the President through the Secretary of Health and Human Services about physical activity, fitness, and sports in America. Through its programs and partnerships with the public, private and non-profit sectors, the Council serves as a catalyst to promote health, physical activity, fitness, and enjoyment for people of all ages, backgrounds and abilities through participation in physical activity and sports. The twenty Council members are appointed and serve at the pleasure of the President. One program that the council oversees is the President's challenge. The President's Challenge is a program that encourages all Americans to make being active part of their everyday lives. No matter what your activity and fitness level, the President's Challenge can help motivate you to improve. Start earning Presidential awards for your daily physical activity and fitness efforts. For more information please visit http://www.fitness.gov/home_pres_chall.htm

Mt. Eccles 6th Grade Safety Patrol

January 19th, 2010 a dozen 6th grade Mt. Eccles Elementary School students participated in a Safety Patrol Training. They participated in three days of training after school with PTA parent, and Community Engagement Advocates. Students were taught safety procedures, patrol member duties, and their responsibilities as members of the Mt. Eccles Safety Patrol.

Two students are on patrol every day after school until the first bus leaves and traffic has calmed down. There is also an adult on duty serving as crossing guard and overseeing the area. New rain-coats were purchased with funds through a Safe Routes to School planning grant. Alaska 3M made a generous donation of reflective tape which was applied to the coats and other places it was needed.

Next year, they plan to train new sixth graders to continue with the program and adjust as changes occur with school construction and new student drop off and pickup procedures. To find out more please visit www.dot.alaska.gov/saferoutes

PE2020: Be A Part of the Future with NASPE's New Initiative

National Association for Sport and Physical Education PE2020 is asking individuals to respond to the question: **What should physical education look like in the year 2020 and beyond?** You are invited to share your vision for the future and distribute and challenge your colleagues to participate as well.

PE2020 is a multi-faceted, two-year initiative. This online forum is just the first phase but it is the foundation for the entire initiative. Your thoughts for the future are important and will be combined with others to create a shared vision for the profession. NASPE will revise its strategic plan to address the shared vision that emerges from this process, and hope that the K-12 and college/university physical education communities will evolve their practices to embrace the vision. To encourage participation NASPE is giving away prizes for individuals and for K-12 classes – including a monthly drawing for an iPod shuffle® and a Walk4Life physical activity pack of pedometers.

Visit www.PE2020.org today to download FREE educator resources for your classes and to submit your vision for a chance to win prizes for you and your class.



Brain Booster— Answer:

The man did exactly what he said he would and wrote “your exact weight” on the paper.

SUBSCRIBE

To subscribe directly to our newsletter, visit us at:

www.eed.state.ak.us/tls/schoolhealth/subscribe.htm

FEEDBACK

We are looking for feedback! If there are any changes you would like to see made and/or suggestions for content of the newsletter, please send them to Meghan Nelson at

meghan.nelson@alaska.gov

School Health Partners:



www.eed.state.ak.us/tls/schoolhealth/



www.hss.state.ak.us/dph/chronic/school/default.htm

Safe Route to School Outreach

In October 2009, the Safe Routes to School Outreach team traveled to Chevak, Alaska to try and help them solve the unique transportation issues around their school and community. The SRTS Outreach team visited the K—5th grade classrooms, helping the students to create customized reflectors for their jackets (SRTS Alaska zipper pull reflectors) and an information sheet on the importance of reflectorization in the winter months.

Outreach members also visited the communities of Bethel, Akiachak, Yakutat, Cordova, and Haines to distribute information about the benefits and applications of the Safe Route to School Program along with educating students and communities on the importance of pedestrian, bicycle, and reflector safety education. SRTS Programs have been found to improve air quality, safety, and overall health, not just in children, but in the entire community. For more information or to invite SRTS to your school please visit <http://www.dot.state.ak.us/stwdplng/saferoutes/>.

Foundation Funding Opportunities— Let’s Move! Campaign

The Apps for Healthy Kids competition is part of First Lady Michelle Obama’s [Let’s Move!](http://www.letsmove.gov) Campaign to end childhood obesity. This competition challenges software developers, game designers, students, and other innovators to develop fun and engaging software tools and games to help kids to eat better and be more physically active. \$40,000 in prizes will be awarded. Any United States resident over the age of 13 is eligible to apply. The tools and games created must be based off the USDA nutrition data set recently released to the public. Deadline: June 30, 2010. Please contact Apps for Healthy Kids for more information and to enter this competition at <http://www.appsforhealthykids.com/>

National Association of Independent School Scholarship

Challenge 20/20 is an Internet-based program that pairs classes at any grade level (K-12) from schools in the U.S. with their counterpart classes in schools in other countries; together the teams (of two or three schools) tackle real global problems to find solutions that can be implemented at the local level and in their own communities. Apply online from March 1 - August 16, 2010. If you wish to sign up or would like more information for 2010-2011, visit their web link above from March 1, 2010 to August 16, 2010! <http://www.nais.org/resources/index.cfm?ItemNumber=147262>.

Activity of the Month— Bath Salts

May 9th is Mother’s Day! Today Mothers Day is celebrated in several countries including US, UK, India, Denmark, Finland, Italy, Turkey, Australia, Mexico, Canada, China, Japan and Belgium. People take the day as an opportunity to pay tribute to their mothers and thank them for all their love and support. A fun activity for you and/or your class is making bath salt. Making the salts is not only fun, but it’s easy too!

What You Need:

- Epsom salts
- perfume
- glycerine
- food coloring
- bags or baby food jars

What You Do:

- Pour epsom salts into large bowl
- Add about 3 tablespoons of glycerine, about 1 tablespoon of perfume, and stir
- Add food coloring to your liking
- Stir
- Put into bags or jars
- Add a note about enjoying a bath using 2 tablespoons of bath salts